

Matt's Coaching Menu

Long Lasting Better Golf Packages

Regular coaching, long term improvement and better understanding of your game!

Par Plan £36.50 per month

The keen golfer who enjoys regular coaching with a view to get better.

Birdie Plan £66.50 per month

The serious golfer, serious about improving their game.

Eagle Plan £88 per month

For the golfer who really wants to see how good they can really be at playing golf.

Lessons

On Course Assessment £37.50

9 hole non coaching based assessment. Observation, stats, recommended improvements following assessment.

45 minute Golf Lesson £37.50

One to one tuition providing you with a greater understanding of the changes required, to improve.

45 minute Jr (U18) Golf Lesson £17.50

One to one tuition aimed at the younger golfer clear simple instructions and guidance, to improve.

9 Hole Playing Lesson £60

clear concise personalised direction to your individual needs in order to manage the course, utilising your strengths and accommodating your weaknesses enabling you to score better and enhance your enjoyment of the game. This is for anyone who struggles to progress their score as hitting balls and 'playing golf' are 2 totally separate subjects. Learning to 'play golf' is so much more than hitting a ball.

Lesson Packages

6 x 45 minute sessions & 9 hole playing lesson £225

4 x 45 minute sessions & 9 hole playing lesson £175

2 x 45 minute sessions & 9 hole playing lesson £125

Measuring Sessions

Distance Measuring £28.50

Bench Marking £28.50

Driver Launching £28.50

Ball Fitting including a sleeve of balls £28.50

TPI Sessions

The most efficient swing is not the same for every golfer, because efficiency is unique to their body.

To achieve an efficient swing, a golfer must first be screened. This screen involves an assessment of swing mechanics and biomechanics, physical fitness, movement quality, current health and a client history.

Once this screen is finished, the results are used to create a plan unique for that golfer. The plan may include fitness training, physical therapy and treatment, coaching of swing mechanics and biomechanics, nutrition, mental strategy or all of the above.

TPI Body Screen £37.50

TPI Body and Swing Screen £70
with Swing Characteristics analysis

TPI Body and Swing Screen £90
with Swing Characteristics analysis & corrections

